

## WHEN YOU'RE OVERWHELMED

*"Lord, I am overwhelmed, please come to my help."  
Isaiah 38:14b*

*"God sent the angel Gabriel... to a virgin named Mary. She was engaged to be married to a man named Joseph... Gabriel appeared to her and said, 'Greetings, favored woman! The Lord is with you!' Confused and disturbed, Mary tried to think what the angel could mean. 'Don't be frightened, Mary,' the angel told her, 'for God has decided to bless you.'" Luke 1:26-30*

### 1. LET GO \_\_\_\_\_

*"Mary asked the angel, 'But how can I have a baby? I am a virgin'... the angel replied... 'Nothing is impossible with God!'" Luke 1:34 & 37*

*"Mary responded, 'I am the Lord's servant, and I am willing to accept whatever He wants. May everything you have said come true.'" Luke 1:38*

*"Trust God from the bottom of your heart; don't try to figure out everything on your own." Proverbs 3:5*

*"The Lord will work out His plans for my life."  
Psalms 138:8*

### GOD'S PLAN IS

- Often \_\_\_\_\_
- Often \_\_\_\_\_
- Always \_\_\_\_\_

### 2. LET \_\_\_\_\_

*"Mary didn't waste a minute. She got up and traveled to a town in Judah in the hill country, straight to Zachariah's house, and greeted Elizabeth." Luke 1:38-40*

*"You are better off to have a friend than to be all alone... If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble."  
Ecclesiastes 4:9-10*

*"Share each other's troubles and problems, and so obey our Lord's command." Galatians 6:2*

### 3. LET GOD \_\_\_\_\_

*"You are blessed for believing that the Lord would keep His promise to you." Luke 1:45*

*"When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you." Isaiah 43:2*

### Where to find strength:

- \_\_\_\_\_  
*"Mary responded, 'Oh, how I praise the Lord. How I rejoice in God my Savior!'" Luke 1:46-47*
- \_\_\_\_\_

*"Mary quietly treasured these things in her heart and thought about them often." Luke 2:19*

*"I'm overwhelmed with sorrow! Sunk in a swamp of despair! ... But me, I'm not giving up. I'm sticking around to see what God will do. I'm waiting for God to make things right." Micah 7:1 & 7*